
◆ The Volunteer ◆

Saratoga County Retired and Senior Volunteer Program

October/November/December 2015



RSVP receives its funding from the Saratoga Co. Office for the Aging, The Corporation for National and Community Service and the New York State Office for the Aging.



WELCOME

Linda Arnold, Brenda Blaisdell, Alison Bodle, Hazel Boyer, Kathleen Chance, Sheila DeSain
Casper Eddy, Lousia Esperti, Cherry Ferguson, Janet Fitzpatrick, Cynthia Freiburger
Deborah Gluckman, Michael Gully, Karen Haese, Phyllis Hickman, Ronald Hosford
Andrea Kearney, Constance Laurenzo, Chris Marchevillo, Judy Marotta, Sam McKenzie
Helen Orr, MaryLou Paley, Eileen Rea, Elizabeth Schneider, Joseph Shea, Andrea Simard
Linda Traylor, Nancy Yarger

HAPPY ANNIVERSARY

OCTOBER

5 years
June Bosford
Lenita LaRouche
Carol Stockman
Mary Touart

NOVEMBER

15 years
Peg Seeley

DECEMBER

10 years
Fiona Emmette

HAPPY BIRTHDAY

October

Brenda Blaisdell, Janice Cleveland, Verna Crosby, Robert Gardiner, Mary Kennedy, Sherry Levine, Carol Maloney, Owen Matte, Carlene McCarthy, Darlene Prusecki, Nicholas Schiavoni, Peg Seeley, Joseph Shea, Roberta Stevens, Patricia Tierney, Brad Trefethen, Joanna Valente, Phillis Warmt, Nancy Yarger

November

Irene Allen, June Bosford, Elizabeth Bowen, Joan Cady, Sue Cahrenger, Anna Dow, Casper Eddy, Darrell Finlayson, Eleanor Fitzgerald, Doris Fredette, Phyllis Hickman, Blasé Iuliano, Carol Johnson, Mary Kelly, Thomas Marotta, Maureen McNeil, Marianne Oettinger, Thomas Prout, Gail Read, Rachel Sams, Barbara Sargent, Clara Scotti, Leila Stevenson, Andrea Stewart, Linda Traylor, Sue Trefethen

December

Dee Aker, Paul Alexanian Jr., Rita Alonzo, Donald Barry, Pricilla Cutler, Theresa Fontaine, Pat Fox
Jane Hurst, Harolyn Lawton, Chris Macherone, Donna Merrithew, Shirley Soderholm
Kathryn Tomasik, Lorelee VanHorne

*Thank you to all of our volunteers and stations!!!!
Your contribution to meet the needs in our community is
invaluable!*

VOLUNTEER OPPORTUNITIES

IF YOU OR SOMEONE YOU KNOW IS LOOKING FOR A VOLUNTEER OPPORTUNITY, THE FOLLOWING ORGANIZATIONS HAVE REQUESTED VOLUNTEERS FROM RSVP.

Captains Youth and Family Services



Captain's of Clifton Park is in need of many volunteers to assist in various capacities.

- Food Pantry Driver
- Family Development Mentor
- Seasonal Giving Programs
- Homework Helper

See something here you would like more information about?

Please contact RSVP at
884-4110

Saratoga Arts

They need volunteers to work as receptionists at the front desk in the art gallery. The hours and days for this opportunity are flexible. The Art Center is located at 320 Broadway in Saratoga Springs. If interested please contact RSVP at
884-4110

CORPORATION
FOR NATIONAL
AND
COMMUNITY
SERVICE



Mary's Haven

A Community Home for the Dying



*Just 4 hours a week of your time and talents will assist us in providing care and comfort to the terminally ill at Mary's Haven, a Community Home for the Dying, located in Saratoga Springs. Initial and ongoing training will be provided. Volunteers are the heart of this program providing 24 hours a day care under the direction of the Program Director. For more information, please contact RSVP at
884-4110*

Volunteer for Tax Aide

TaxAide, is an income tax assistance program sponsored by AARP and the IRS. TaxAide volunteers answer questions and prepare and file free tax returns for low to moderate income taxpayers and seniors from February 1 to April 15 at various sites in Saratoga County. Volunteers typically work one day a week. Schedules are flexible to accommodate the volunteer's availability. No experience is required, but computer experience is helpful. Training is provided. For further Information please contact

RSVP at
884-4110



REBUILDING TOGETHER SARATOGA

This organization's purpose is to bring volunteers and communities together to improve the homes and lives of homeowners in need. Fall work days are October 17th and October 24th. Are you available? What a difference a day will make for you and for a Neighbor in need. Please contact Janet Haskell at
884-4110



Janet Haskell, RSVP Project Director, Email jhaskell@saratogacountyny.gov

Community Connections

The Office for the Aging's R.S.V.P. is working with Saratoga Adult and Senior Center to recruit volunteers for their Community Connections Program. This program trains volunteers to provide assistance to seniors in Saratoga County. The mission is to help seniors age in place and maintain an independent lifestyle by providing assistance when needed. The program trains and deploys a volunteer group that can be matched with seniors. Services available include home visits, transportation, shopping, errands and telephone check ins. If you are interested and want to find out more, please contact **Janet Haskell at 884-4110**



URGENT

Drivers for Home Delivered Meals

Help out in your community by delivering hot, nutritious meals to homebound seniors. This could take as little as an hour and be done once a month, bi-weekly or weekly.
Contact Janet at 884-4110

OSTEOBUSTERS

Leaders Needed

An exercise program that combines weight-bearing, muscle strengthening, postural training and balance exercises used to promote strong bones. Weight-bearing exercises put gentle stress on your bones and in response, the body grows new bone tissue. The

RSVP Osteobusters Program is based on these elements and is a great way to maintain or improve your bone health! If interested in becoming a part of

leading these classes,
contact Janet at 884-4110



Saratoga County Office for the Aging's Annual **VOLUNTEER RECOGNITION EVENT**

On Sunday September 20th , 180 volunteers gathered at the Gideon Putnam Resort for the annual recognition of the Office for the Aging volunteers. We enjoyed a delicious meal, wonderful entertainment from DJ Mark Hersh and a lot of door prizes from many local businesses. Osteo leaders MaryJane Bartolucci and Theresa Fontaine were the lucky winners of the 50/50 raffle. Our thank you gift was a Hersey chocolate bar, a pen and an umbrella. These, along with the mum table decoration were generously given by the Office for the Aging. Thank you to all volunteers for making this happen. Without your dedication our programs would not be successful.

RSVP UNIT
Saratoga County Office for the Aging
152 West High Street
Ballston Spa, NY 12020

RETURN SERVICE REQUESTED

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U.S. Postage
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Ballston Spa, NY 12020
Permit No, 5

Continued VOLUNTEER OPPORTUNITIES

VOLUNTEER TITLE	DUTIES	AREA	DAYS	HOURS
Transportation Assistant	Drive seniors to medical appointments	Saratoga and surrounding areas	Varies	Varies
Home Delivered Meal Drivers	Deliver prepared meals	Surrounding areas	Varies	approximately 10:30 to 1:00
Congregate Assistant	Meal preparation	Surrounding areas	Varies	10:30 to 1:00
Mailing Assistants	Assist with mass mailings	Ballston Spa	Varies	2 hours
Osteo Leader	Lead exercise program	Saratoga	Varies	1 hour